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ABSTRACT

Hosted by Oprah Winfrey and featuring Dr. Kyle Pruett, this videotape focuses on new parents' relationship with their infant in the first 3 months of life. The 30-minute videotape begins with footage of infants during the newborn period and depicts parents talking about their emotional response to their infant's birth. The video focuses on essentials for healthy infant development and links infants' feelings of comfort to their ability to learn. Based on current research in early childhood development, the video highlights five guidelines to help new parents create a responsive and enriching environment for their infant: (1) take care of themselves and their important relationships in order to provide the support needed to be effective parents; (2) provide a warm and loving environment to develop the infant's sense of security; (3) talk, sing, and read to the infant as often as possible, emphasizing the importance for the parent-child bond and for brain development; (4) create a predictable world through daily routines; and (5) understand and respond to the baby's needs in order to build faith and trust. Each of these guidelines is discussed with regard to infants from birth to 2 months and infants from 2 to 3 months, emphasizing that although older infants have a bit more control over their bodies and are awake for longer periods during the day, parents can still use these guidelines as they adjust to their infant's development. Included in the discussion is the importance of fathers, individual differences in babies and parents, avoiding overstimulation, and periods of fussiness between 6 and 12 weeks. (KB)

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